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**WARM UP ON A CHILLY  
AUTUMN EVENING  
ONION SOUP WITH AN  
EARTHY TWIST** {page 15}



# BIG FIX?

KUTCHER, MOORE  
REPORTEDLY SEEK  
MARITAL HELP

{page 9}



LONDON

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Monday, October 3, 2011  
www.metronews.ca



News worth sharing

► Thousands bundled up and gathered in Victoria Park yesterday for the 17th annual CIBC Run for the Cure to support breast-cancer research. Before the run/walk, participants were led through much needed warm-up exercises in front of the band shell.



MIKE ARSENAULT/FOR METRO

## Grannies take part in CIBC run

► Victoria Park 5K run, 1K walk raise \$795,924 for breast-cancer research

Teams of runners and walkers braved chilly temperatures and bone-rattling wind yesterday morning for the 17th annual CIBC Run for the Cure.

Among them was Annie's Grannies—a group from Riverside Retirement Residence. The women walked the one-kilometre route in support of Anne Orfanides, a Riverside employee who was diagnosed with advanced breast cancer last year at age 50.

Though she was forced to leave work for treatment, Orfanides was never far from the minds of Riverside residents.

"Their support was over the top," she said yesterday. "I received cards, gift baskets, homemade jams. They knitted me a beautiful afghan, they knitted me hats. I had humour, love and understanding beyond the hopes of anyone who is trying to put forward a brave front."

**3,780** The number of people who ran and walked yesterday during the CIBC Run for the Cure in London.

Orfanides was amazed at the kindness and generosity.

"It made me feel huge," she said. "These people had so many of their own cares and concerns. The love and affection they showed toward me made me feel very strong and very loved."

Florence Browning said joining up with Annie's Grannies wasn't a difficult decision.

"(Orfanides is) such a lovely person, and we wanted to show her that we care," Browning said. "Some of us just like to walk and we thought we'd join in if we're able."

● MIKE ARSENAULT

More on breast cancer {pages 11-13}

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# 1 news



Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

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The persistence of the European debt crisis likely means we're in for another up-and-down week on the stock market. Video at [metronews.ca/video](http://metronews.ca/video)

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## Campus. Party



► University of Western Ontario students party Saturday along Broughdale Avenue as homecoming festivities rage into full force around campus. The parties started after a parade snaked its way from downtown's Centennial Hall, up Richmond Street and to the Western gates. UWO's Mustangs beat the York Lions 48-23 in the homecoming football game.

ANGELA MULLINS/METRO

## Western revels in homecoming weekend

# Calling all gamers

- Company wants ideas for new game to be developed in London
- Winner of competition will own the rights once game is produced



ANGELA MULLINS  
@METRONEWS.CA

Think you've got what it takes to create the gaming industry's next sensation?

Then bring it.

So says London game developer Big Blue Bubble.

The company is accepting ideas for games through Oct. 11, and the one with the most spunk will be produced during the Digital Interactive Game and Web Conference at the London Con-

vention Centre.

"What's amazing about it is that you own that game" after the conference wraps up, said Kadie Ward, director of marketing and communications at the London Economic Development Corporation, an event sponsor.

Called DIG for short, the Nov. 16-17 conference is a chance for digital media companies to network and show off what they've been up to. The work on display will include everything from web apps to

### Check it out

► For details about the Digital Interactive Game and Web Conference 2011 and the video-game-design competition, click on the "dig in" icon at [diglondon.ca](http://diglondon.ca).

software.

Video-game developers have their own corner — dubbed DIGX — at the conference. There, people can check out and play console, PC, web and hand-

held games made in Canada.

Ward said Big Blue Bubble has already received several submissions for its game challenge. But there's definitely room for more.

"The wider the net cast, the better it will be," Ward said.

Ideas submitted for the design competition must be for the Android, PC, Mac or iPhone platforms. Entrants must be 16 years or older and live in Canada.

## Council to mull bid for baseball team



► Labatt Park

City council is expected to vote tonight on a deal that would bring a Frontier League baseball squad to Labatt Park.

Members of the community and neighbourhoods committee approved a one-year agreement last week with Summit Profes-

### If you go

► City council will meet at 5 p.m. on the second floor of city hall at 300 Dufferin Ave.

sional Baseball.

If the full council ap-

proves the agreement, the yet-to-be-named team would have first dibs on using the ballpark from May to September.

The team is led by David Martin, who lives in the Detroit suburb of Birmingham.

ANGELA MULLINS

## Food drive off the starting blocks

The London Food Bank has started its 23rd Fall Food Drive.

Officials have not set a goal for how much they want to collect, but they said the need is greater this year. The number of people receiving assistance has increased nearly 30 per cent, they said.

Donations can be made at the food bank, 926 Leathorne St., or at local grocery stores.

The food drive continues through Oct. 10. [AM980/AM980.CA](http://AM980/AM980.CA)

## Trails End owner not swayed by protest

The owner of Trails End Farmers Market is making no apologies for banning transgender workers.

Instead, he thanked about 30 protesters who were at the market Saturday for stopping by. Ed Kikkert was presented with a petition signed by more than 4,000 people who want him to reconsider his decision. Kikkert said he didn't really care how many people signed the document.

[AM980/AM980.CA](http://AM980/AM980.CA)

## Cyclists' numbers growing

A new survey shows the number of cyclists in Ontario is growing, but many said they would cycle more if it was safer.

The Share the Road Cycling Coalition survey found about 28 per cent of adults cycle regularly, up from 24 per cent in 2009. [THE CANADIAN PRESS](http://THECANADIANPRESS)



For more news, visit [metronews.ca/london](http://metronews.ca/london)

Time. Out



► Tim Hudak sits with atom-aged hockey players Stevie Lende, left, and Daniel Kraft during a media opportunity in Toronto yesterday.

CHRIS YOUNG/THE CANADIAN PRESS

## Them's fightin' words

Tory Leader Tim Hudak warned yesterday that Ontario could end up with a minority government coalition in which the Liberals and NDP would work together to hike taxes. "The Liberals and the NDP: They'll increase taxes and they'll spend money on everything under the sun," Hudak said at a campaign stop.

## Horwath focuses on five-point plan

NDP Leader Andrea Horwath says her priority remains running to be premier, not figuring out a coalition.

Instead, Horwath is plugging a five-point plan for what an NDP government would do in its first 100 days in office, if elected.

Horwath won't say if she will rule out a coalition, as Liberal Premier Dalton McGuinty did yesterday.

McGuinty wrote a letter to Tory Leader Tim Hudak

saying he would not team up with either the Tories or New Democrats to form a minority government.

She says McGuinty is talking about himself and his own issues, but Ontario voters care more about what a government will do for them after Thursday's election.

The New Democrat says voters deserve to have their say before she talks about coalition governments.

THE CANADIAN PRESS

# McGuinty rules out minority coalition

- Premier pens letter to Tim Hudak in response to PC leader's comments
- McGuinty: I won't make any deals with either the Tories or the NDP

Ontario Premier Dalton McGuinty has ruled out a Liberal coalition with either of his main rivals in the event no party wins a majority in Thursday's election.

In a letter obtained yesterday, McGuinty tells Progressive Conservative Leader Tim Hudak that he won't be making any deals to form a government.

"I am running to form a Liberal government — and only a Liberal government," McGuinty says in the letter.

"There will be no coalition with either your party or the NDP."

The latest polls indicate the Liberals and the Progressive Conservatives in a dead heat, raising the

**"Over the course of the weekend, you and Ms. Horwath have turned away from promoting your individual platforms and have engaged instead in trying to leverage political advantage through minority-government speculation."**

DALTON MCGUINTY,  
IN OPEN LETTER TO TIM HUDAK



► Premier Dalton McGuinty and his wife, Terri, leave the Ontario Firefighters Memorial in Toronto yesterday.

CARLOS OSORIO/TORSTAR NEWS SERVICE

prospect of a minority government in Ontario for the first time in 26 years, with the NDP under Andrea Horwath as kingmaker.

In his letter, McGuinty says his opponents are using talk of a minority as political ammunition.

Hudak has been accusing McGuinty of planning "backroom deals" with the New Democrats.

When asked yesterday if he would work with the NDP if they dropped a plan to raise the corporate tax

rate, Hudak indicated he wasn't interested. "I'm in this election to win and bring change, not play Let's Make a Deal," he said, stressing the Liberals and NDP would cook up a deal.

Hudak's strategy is reminiscent of Prime Minister Stephen Harper's, whose spring election included frequent warnings that the federal Liberals and NDP would scheme to form a coalition if his Conservatives did not get a majority.

THE CANADIAN PRESS

### McGuinty's letter

► The Liberals said McGuinty had addressed his letter only to Hudak because of the Tory leader's comments.

► McGuinty said voting Liberal would be the only way to ensure the "strong, stable, positive government" Ontario needs in uncertain times.

## Harris' spectre looms large in race

He's been gone from politics and has stayed largely out of public sight for almost a decade, yet former premier Mike Harris still casts a shadow across Ontario's political landscape.

Indeed, as the pace and rhetoric heated up ahead of the Oct. 6 election, the ghost of Harris seemed to have been invoked with the frequency of a favourite dead uncle at a seance.

"Harris plays so central a role in pre-election messag-

ing in the run-up to the 2011 election that he really deserves royalties," Graham Murray, a long-time observer of the legislature, said before the campaign got underway formally.

While Harris has not surfaced — at least publicly — as part of Progressive Conservative Leader Tim Hudak's campaign, Liberal Premier Dalton McGuinty has made several disparaging allusions to the Harris era.

"These guys will attack our public services," he said of the Progressive Conservatives at one recent campaign stop.

"Remember what the PC government did."

The Liberals also released a new TV ad Saturday that highlights Hudak's ties to Harris.

Hudak is pushing some policies — tax cuts and making prisoners work for their keep, for example — that are reminiscent of Har-

ris's populist, right-wing approach. Substantively, however, the Tory platform — including pledges to keep the HST and implement all-day kindergarten — is not that much different from the Liberal approach.

Nevertheless, Hudak's detractors point out he cut his political teeth under Harris. In addition, the Tory leader is married to Deb Hutton, Harris's chief of staff in his early tumultuous years. THE CANADIAN PRESS



► Mike Harris

FRANK GUNN/THE CANADIAN PRESS

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# Philippines reeling in storms' wake

- ▶ Hundreds of villagers marooned after back-to-back typhoons
- ▶ Dozens killed due to flooding

Rescuers scrambled yesterday to deliver food and water to hundreds of villagers stuck on rooftops for days because of flooding in the northern Philippines, where back-to-back typhoons have left at least 59 people dead.

Typhoon Nalgae slammed ashore in northeastern Isabela province Saturday and then barrelled across the main island of Luzon's mountainous north and agricultural plains, which were still sodden from fierce rain and winds unleashed by a howler just days earlier. Nalgae left at least three people dead Saturday. Typhoon Nesat killed 56 others and left 28 missing before blowing out Friday.

Nalgae roared through parts of Luzon that had been saturated by Typhoon Nesat, which trapped thousands on rooftops and sent huge waves that breached a seawall in Manila Bay.

## The storm

▶ Nalgae was whirling over the South China Sea and heading toward southern China late yesterday, 370 kilometres from the Philippines' northeast coast, with sustained winds of 120 kilometres per hour and gusts of 150 km/h, according to the Philippine government weather agency.

Nesat then pummelled southern China and was downgraded to a tropical storm just before churning into northern Vietnam.

Seven towns north of Manila were still flooded yesterday, including Calumpit in rice-growing Bulacan province.

Nalgae was the 17th weather disturbance this year to batter the disaster-prone Philippines.

THE ASSOCIATED PRESS



▶ Philippine Marines drive through floodwaters yesterday as flooding north of Manila continued for the third day.

## Extremists detained on Serbia's gay-pride day

Serbian police detained six people yesterday and prevented a gathering of a pro-Russian far-right group that threatened to burn an EU flag and spit on the U.S. ambassador's portrait of the in Belgrade.

Riot police were deployed in large numbers across the capital to enforce a ban on a gay-pride event and anti-gay protests, fearing large-scale violence.

Police issued the ban on any gathering this year, saying that extremists had planned to set fires in Belgrade and provoke clashes that could lead to bloodshed and wider unrest. Gay groups have accused authorities of backing down and allowing extremists to win.

Serbia has faced Western pressure to protect gay and

# 100

Number of people who were injured during last year's gay-pride parade in Belgrade.

other human rights activists if it wants to one day join the European Union.

The six who were arrested yesterday in central Belgrade had masks and baseball bats, said senior police official Srdjan Grekulovic.

Police also prevented a protest on Mount Avala by the Nasi group — an affiliate of a Russian organization of the same name — which was going to burn the EU flag and spit on Ambassador Mary Warlick's

portrait, Grekulovic said.

Nasi said that police took away the portrait of Warlick, who earlier this week publicly supported Serbia's gay-pride march and urged the Serbian authorities to secure the event.

The gay activists held an "indoor pride" event in a conference room in downtown Belgrade. They said the state ban of their gathering showed the country's weakness in the face of violent threats by extremists.

"This is the only pride we could hold," said Goran Miletic, an organizer.

EU official Jelko Kacin said the pride ban will affect EU member states when they decide on Serbia's bid to formally become a candidate for membership this year.

THE ASSOCIATED PRESS

## Yemen. Defection



▶ A defected army soldier holds his rifle as he stands with others on a vehicle next to the site of a demonstration in Sanaa, Yemen, yesterday.

HANI MUHAMMED/THE ASSOCIATED PRESS

## Soldiers killed by warplane

Calls for the resignation of Yemen's President Ali Abdullah Saleh continue to grow a day after a government warplane bombed an army position in southern Yemen, killing at least 30 soldiers. The strike appeared to be a mistake, but the soldiers hit were from a unit that had defected to side with protesters seeking the president's ouster.

## Biden's brother OK after powder scare

The brother of Vice-President Joe Biden says he was kept overnight at a Florida hospital after opening a suspicious package containing a powdery substance.

The envelope was mailed to Francis Biden's Ocean Ridge home. Biden tells The Palm Beach Post that his girlfriend retrieved the package from his mailbox Saturday afternoon, but that he opened it. Biden says white powder spilled from the envelope onto his skin.

Biden and his girlfriend were taken to a hospital. The woman was released Saturday, and Biden was released yesterday morning.

The FBI has said the powder appears to be harmless.

THE ASSOCIATED PRESS



## Art. Attack



► A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street during the sixth instalment of the city's Nuit Blanche on Saturday night.

STEVE RUSSELL/TORSTAR NEWS SERVICE

## Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

## PMO kept MacKay in dark, says new book

SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper's office was so seized with controlling public opinion of Canada's shooting war in southern Afghanistan that even Defence Minister Peter MacKay wasn't always in the loop, says a new book about the conflict.

The Savage War, by Canadian Press defence writer and Afghanistan correspondent Murray Brewster, paints a portrait of a PMO keen to preserve its tenuous grip on minority power and desperate to control the message amid dwindling public support for the war.

MacKay, who took over Defence from Gordon O'Connor in August 2007, was blindsided by the Harper government's decision later that year to set



► Prime Minister Stephen Harper, left, and Defence Minister Peter MacKay look out from a bunker as they visit a forward operating base in the district of Sperwan Ghar, Afghanistan, in May.

up a blue-ribbon panel to review the mission headed by former Liberal cabinet minister John Manley, Brewster writes.

"It wasn't discussed with the broader cabinet, no," the minister says in the interview. "I didn't know all of the specifics."

Jack Layton knew even

less. In interviews before his death earlier this year, the late NDP leader confides to Brewster that Harper never once tried to engage him in an in-depth discussion about Canada's deepening involvement in a deadly counterinsurgency effort.

THE CANADIAN PRESS

## Redford downplays gender issue

Alison Redford, set to become the first female premier of Alberta,

downplayed the gender issue yesterday, saying party voters marked Xs not for

an X chromosome but for a broader desire for change. THE CANADIAN PRESS

## Dewar enters NDP leadership race

► Worked as aid worker in Central America, public school teacher, union executive before winning at polls

ADRIAN WYLD/THE CANADIAN PRESS



► Paul Dewar

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

"For me and thousands like you, working hard,

growing our party are the bedrock for electoral success."

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin.

With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap.

"French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed. THE CANADIAN PRESS

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# Keeping close tabs on oilsands

► Federal and Alta. governments pledged to revamp monitoring last year after reports concluded contamination increasing and monitoring flawed

Rod Hazewinkel steps into the placid waters of Alberta's Firebag River, a short helicopter ride from the oil sands. He fills a jar with water. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored by scientists, isn't near any oilsands mines. The blobs floating down the river come from the oil sands themselves — not the energy development that exploits them.

"There's a natural level of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Hazewinkel's job is to help untangle the sources. It's about to get a lot more complicated.

Last year, the federal and

Alberta governments announced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental concerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline, which would bring more oilsands bitumen to the U.S. And tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the oilsands impacts.

"It's a world-class resource and it needs a world-class monitoring system to assure us that the resource is being developed sustainably and responsibly," says Dan Wicklum, Environment Canada's director of water science. "We must have that assurance in order to do business."

THE CANADIAN PRESS

► Rod Hazewinkel takes water samples on the Athabasca River, down stream from many oilsands projects.



## Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 62.48 (11,623.84)	- 1.07¢ (95.40¢ US)	- \$2.94 US (\$79.20 US)	\$3.666 (- 8.1¢) Gold contracts \$1,622.30 (+ \$4.20)

# Wall Street protesters keeping up the march

STEPHANIE KEITH/THE ASSOCIATED PRESS



Protesters speaking out against corporate greed and other grievances were maintaining a presence in Manhattan's Financial District yesterday even after more than 700 of them were arrested during a march on the Brooklyn Bridge Saturday in a tense confrontation with police.

The group Occupy Wall Street has been camped out in a plaza for nearly two weeks staging various marches, and had orchestrated an impromptu trek to Brooklyn. They walked in thick rows on the side-

walk up to the bridge, where some demonstrators spilled onto the roadway after being told to stay on the pedestrian pathway, police said. The march shut down a lane of traffic for several hours. The majority of those arrested were given citations for disorderly conduct and were released, according to police.

The group had meetings and forums also planned for yesterday at Zuccotti Park, the private plaza off Broadway the protesters have occupied.

THE ASSOCIATED PRESS

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# ARTIST'S RENDERING OF RECYCLING

## URBAN COMPASS

JILL ELLIS  
METRO LONDON



Erin Ivy has been a paid artist for 14 years, a parent for 10 years and an environmentalist for 20 years — and she's only 26 years old. An old soul in a young person,

Ivy combines her love of art with her commitment to ecological affairs and concern for low-income families in a project she's calling the Green Community Art Project.

Starting last month, Ivy held art classes in different venues around town — Victoria Park, Springbank Park, Sifton Bog, the Coves watershed — for groups of children, parents, grandparents and random passersby. At these free events, participants use recycled materials, discarded objects and leftover paint to create paintings, collages and sculptures.

"We're using recycled materials that have been picked from the garbage and painting on sheets. People really like making collages, and people are bringing some of their own items, like pressed flowers and leftover items," says Ivy, adding that there's no budget for supplies.

"We're creating beauty from garbage and using the natural surroundings as our inspiration."

Ivy's been painting professionally since the age of 14, but she says "I've been drawing forever." She says that since she grew up in poverty and her parents were members of Greenpeace, she's used to scrounging for art materials and having eco-issues as a focus of her own work, though she makes a living doing more mainstream projects commissioned by clients.

The Green Community Art Project was inspired by Ivy's frustration with the art classes that kids receive in schools. "I was a volunteer in my son's classroom when we lived in Guelph, designing an art program for the classroom," says Ivy. "The (public school) curriculum is so basic that it's not going to inspire anyone."

She's been excited by meeting so many people concerned about environmental issues in the art world since moving to London and is pleased with the reaction her project has gotten so far.

With the public-art creation sessions coming to an end, the Green Community Art Project will be on display during October and November at APK Live, located on the corner of Wellington and York (where Yuk Yuk's used to be). Owner Marc Gammal describes the venue as "a gastro-arts club." "We have sophisticated food, using local and organic when possible, with craft beer on tap and in bottles," he says.

In the lower level there's a dining area, and "we have live performances from bands, DJs, theatre and poetry — all sorts of stuff," adds Gammal.

The art show kicks off Oct. 7 with an opening-night party that will include refreshments and musical performances.

For more information, look up the Green Community Art Project on Facebook, check out the website: greenartlondon.weebly.com, or email Erin Ivy at ivysidea@gmail.com.

Contact Jill Ellis at londonurbancompass@metronews.ca

# Community foundation pays it forward

## NEWS WORTH SHARING

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

Philanthropists in the London area will be getting some recognition and support, thanks to the London Community Foundation.

The foundation is accepting nominations for the first annual Vital People award, which honours employees of non-profit organizations in London and Middlesex County. The award will be given to an individual demonstrat-

ing leadership within a registered charity. The \$5,000 prize goes to the winner's charity, to be used for training and developing the winner's skills and knowledge. The aim is to help community actors improve upon their good work.

"It's an opportunity to invest in those (actors) and help them be better at what they do," says Cindy

Graeme, LCF Manager of Community Initiatives. The deadline for nominations is Oct. 14.

● CRAIG AND MARC KIELBURGER

*Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.*

## Tweets

► @kathyqxu: haha #uwo def has a collective hangover today... #hoco

► @sharonyqzhu: Mmmm and did I mention subway at 2am.. Best remedy for a sore throat of course. #studentlife #uwo

► @NateJamesBlack: No beds on the main floor of our haus, but 10 ppl found room to sleep #UWOHOCO2011 #UWO #fb

► @WFncs: Great to see everyone who came out to the #runfortheure Breast In The West represent! #ldnont #uwo #westernu

► @Evolving: laundry done, apt clean done, homework kinda done, still have to venture out and get groceries. #todolist #ldnont

► @serenacatania: You know alcoholism is setting in when you have to sniff every open water bottle in your room before you take a sip. #university #uwo

► @apr1lx: a few cuts, bruises, the sniffles and a twisted ankle.. well worth it #HOCO.

## Muddy. Waters



► People cover themselves with mud at the ancient baths at Tiernas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

**Photo of the day** People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

## WEIRD NEWS

## @thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country?"

Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." THE ASSOCIATED PRESS



2  
scene

## Box office



A dolphin has dethroned The Lion King at the weekend box office. Dolphin Tale held up well with \$14.2 million in its second weekend to take over at No. 1 from The Lion King, which had been the top movie the last two weekends. Studio estimates Sunday showed The Lion King slipping to third-place with \$11.1 million, just behind Brad Pitt's Moneyball, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS



Russell Brand to be first guest on Rosie O'Donnell's new Oprah Winfrey Network talk show.

# Stars shine on Walk of Fame

► Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, “unless she's been sneaking out at night and crawling on red carpets,” he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

“It's very surreal because when I said I wanted to be successful I just meant, ‘Make a living,’ I didn't really think, ‘Get a star,’ I didn't think, ‘Have people know my name,’” Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

“To have people want to step on my (name) on the street is pretty cool. I can't wait for when it's really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that's when I know I really came up.”

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

“The Walk of Fame is a huge deal — you consider

**“I can't wait for when it's really in the ground and someone gets hammered and pukes on my name”**

COMEDIAN RUSSELL PETERS  
ON GETTING A STAR ON  
CANADA'S WALK OF FAME

the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd,” said the Winnipeg-born hit-maker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy Sideways as “one of the greatest movies ever.”

Oh said she was thrilled to meet Burton and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

“It's just quite hilarious and odd and I never thought that this would happen,” said Oh, now best known for her co-starring role on the TV medical drama Grey's Anatomy.

Richler's widow Florence attended on Richler's behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been “amused” by the fanfare, adding that she herself felt the honour was “overdue.”

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience “overwhelming.”

“I'm not used to the red carpet,” the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. “It's good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized,” said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS

PHOTOS: AARON VINCENT ELKAIM/THE CANADIAN PRESS



► Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.



► Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada's Walk of Fame.



► Actress Sandra Oh, best known for her role on Grey's Anatomy and in the movie Sideways, said she never expected to get a star on Canada's Walk of Fame.



# Kutcher and Moore seeking marital help

▶ Rumours continue to swirl about impending split and Ashton's infidelity

Ashton Kutcher and Demi Moore have reportedly been working all summer to save their relationship, though it appears the efforts were in vain.

"(Demi) and Ashton had been receiving counseling from Kabbalah over the summer to try to fix their marriage," a source tells Entertainment Tonight, adding that the couple have been living apart for some time.

Moore is said to be "sad, hurt and embarrassed" by Kutcher's latest cheating scandals and rumors about an impending split.

She's likely also troubled by the fact that Kutcher is no longer following her on Twitter.

● METRO

**"(Demi) and Ashton had been receiving counselling from Kabbalah over the summer to try to fix their marriage"**

SOURCE



▶ Ashton Kutcher and Demi Moore

ALL PHOTOS GETTY IMAGES

## Talking points

### Cowell admits show biz gets in way of his relationships

**NOT ON THE OUTS** Simon Cowell admits that with the X-Factor taking up so much of his time, his love life — and impending nuptials — have to take a back seat.

"It has probably been the busiest year I've ever had. Making the choice to get married is something you just have to decide when the time is right," Cowell says, according to Hollyscoop.

And his rep is quick to dash rumors that Cowell

and fiancée Meaghan Hussainy are on the outs.

"You might have to wait 20 years for Simon to plan a

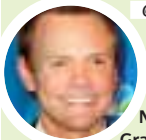


## Celebrity tweets



"When you ASSUME to know that which you know nothing of you make an ASS out of U and ME"

@aplusk



@joelmchale

"Come on guys, give it a break. Nancy Grace's nipple did not 'slip out'. It was trying to escape."

@JonahHill



"Saw a guy texting on a Segway. If he was texting anything but 'Everyone's laughing at me' then he was wrong."

@SteveMartinToGo



"After much thought, I have decided to use my sense of humor for good rather than for evil."

wedding, but they are as close as they have ever been," the rep insists.

● METRO

# Reid gets small piece of Pie

Things could get awkward on the American Reunion set if the subject of paychecks ever comes up, as producers reportedly snagged a return appearance by Tara Reid for much less than other cast members.

Reid signed on with the picture — a sequel to the

1999 film American Pie — for a reported \$250,000, according to the Hollywood Reporter, while co-stars Jason Biggs and Seann William Scott each got \$5 million and a share of grosses. And How I Met Your Mother star Alyson Hannigan earned a reported \$3 million. ● METRO



▶ Tara Reid



▶ George Clooney

## Clooney defends ex-girlfriend

George Clooney is rushing to ex-girlfriend Elisabetta Canalis' defence after an article in Us Weekly claimed she'd sent angry text messages to Clooney and his current girlfriend, Stacy Keibler.

"I never comment on

**"I ask you to correct your story immediately."**

GEORGE CLOONEY

my personal life unless it affects others, and this lie

affects others," Clooney said in a statement to the magazine. "Since I would be the only actual witness, I ask you to correct your story immediately, but that would assume you cared at all about telling the truth." ● METRO



3  
lifeFather  
death rates

Fatherhood may be a kick in the old testosterone, but it may also help keep a man alive. New research suggests that dads are a little less likely to die of heart-related problems than childless men are.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving nearly 138,000 men.

Although a study like this can't prove that fatherhood and mortality are related, there are plenty of reasons to think they might be, several heart disease experts said.

THE ASSOCIATED PRESS



Parenting advice book from teen perspective emphasizes open dialogue with kids.

# Recipes for happy guests

► You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant ► Food blogger Beatrice Peltre shares ideas for all dinner guests

## Vegetarian. Pea risotto with basil and lemon



### Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraîche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

### Preparation:

- 1 Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when

warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.

- 2 Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.

- 3 Stir in the cheese, cream and herbs and stir. Stop the heat, cover and leave to rest for 2 minutes. Squeeze lemon juice on top and stir again. Serve drizzled with olive oil.

### Preparation:

- 1 In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and coriander. Cook for 3 minutes until the onion and leek are soft.
- 2 Add the garlic and cook 1 more minute. Add the sun dried tomato paste and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for

20 minutes. Discard the bay leaf and thyme. Transfer the soup to the bowl of a food processor and purée until smooth.

- 3 For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraîche, squash, cheese, parsley and truffle oil.

## Gluten intolerant. Root vegetable soup with truffle oil



### Ingredients:

- Olive oil
- 1/4 chopped red onion
- 1 leek (white part only) chopped

- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored,

- seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and

- diced red kuri squash
- 1 bay leaf
- 1 tbsp sugar
- 5 cups cold water

### Garnish:

- crème fraîche
- 1/2 cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil



metro<sup>l</sup>ondonmetronews.ca  
MONDAY, OCTOBER 3, 2011

## Think Pink



## October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

## Managing stress can keep you healthy

► Too much stress may help trigger events that lead to cancer ► But you can take control with these tips

While some stress may actually prevent cancer, too much may overtax the immune system and other defense mechanisms and may help trigger the cascade of cellular events that leads to cancer.

One theory is that when the body tries to cope with stress, signaling pathways are turned on, some of which may be linked with cancer.

Another type of stress — oxidative stress or the body's inability to metabolize oxygen for generating energy — may also contribute to cancer risks.

Developing ways to prevent this stress is a hot topic among cancer researchers.

What we know so far is

**Mental health**

Use mental exercises, such as meditation, imagery or visualization, to help quiet the mind and interrupt negative thought patterns.

► "With a diagnosis of cancer, the single main cause of stress is not the disease itself. It's our thoughts about it," says Cunningham. "We get this stream of dreadful catastrophic thoughts about dying and about suffering, and that drags people down."

that several factors contribute to oxidative stress and cell damage, including environmental pollutants,



► Try meditation or visualization techniques to quiet the mind and interrupt negative thoughts.

hydrogenated fats and cigarette smoke. Try to avoid these and stick to antioxidant-rich foods (think berries, broccoli, tomatoes, garlic and green tea). To help deal with emotional stress, women cop-

ing with breast cancer can take advantage of the free Healing Journey program, developed by Dr. Allistair Cunningham, a clinical psychologist, and offered at various Wellspring cancer support sites.

The aim of the program is to listen to each woman, help her articulate her main concerns and provide strategies for her and her family to gain some mastery over their situation, says Cunningham.

**Tips for stress**

Dr. Cunningham offers up some general stress management techniques.

- **Be physically active.** This not only relieves stress, but also can help prevent breast cancer recurrence.
- **Learn relaxation techniques.** Relaxing your body, one muscle group at a time, calms the mind. Do exercises like yoga and Tai Chi to relax yourself.
- **Express emotions.** This could mean talking with another person or a group of people. The Wellspring program offers support groups with a leader so each woman gets a chance to tell her story.
- **Start a journal.** Writing down your thoughts and emotions can help you sort them out and better deal with them.



# Catching cancer with high-tech tools

► Several new developments in mammography and other cancer detection technologies are helping to find breast cancer earlier ► And there's more in the pipeline ► Here's a look at what's new and what's coming

## Digital mammography

This technology, which records X-ray images that can then be viewed on a monitor, is quickly replacing standard analog film systems.

"You can sharpen the image, adjust the contrast and brightness, calculate things from the image, and send the image to a doctor in another location via the Internet," says Martin Yaffe, a physicist and senior scientist at Sunnybrook Health Science Centre in Toronto and a professor of medical biophysics at the University of Toronto.

"It's a better picture and it's easier to see a cancer if it's there, and it's also easier to tell if there's no cancer."

A recent international trial that included Sunnybrook found that digital mammography detects tumors more accurately than standard mammography in younger women and those with dense breasts.

Digital mammography is probably 30 per cent more accurate at finding cancers in these women, says Yaffe.



► Technology is getting better at diagnosing — and treating — breast cancer.

## Breast MRI (Magnetic Resolution Imaging)

Sunnybrook is also evaluating MRI scanners that are equipped to image breasts in women at very high risk for breast cancer — they either have a strong family history or carry one of the two genetic mutations known to cause this disease.

These women represent less than one per cent but they have at least a 25 per cent lifetime risk of developing breast cancer. "Breast MRI imaging is substantially better than standard mammography and is at least 80 to 90 per cent accurate," says Yaffe.

## Tomosynthesis

This new 3D digital mammography machine is still at the testing stage.

The breast itself is three-dimensional, but regular mammography images of the breast are flat. "so all that information is kind of squashed down," says Yaffe.

The 3D image allows experts to observe slices of the breast in sequence, like flipping through a book, page by page. "We call it a movie loop and you're just looking at it slice by slice, very quickly," says Yaffe. Results of the study should be available in a year.

## Molecular imaging

Even further down the road is an exciting new technology that depicts suspicious changes in the breast at the molecular level.

"It's almost like the cancer has a fingerprint or a signature," says Yaffe. "Instead of just looking for a mass or lump in the breast with imaging, we're looking at actual molecular signatures that tell you that something has changed at the molecular level."

This approach is "much earlier along the pathway," says Yaffe, adding it might take five or 10 years to become available.

## Diagnostic probe

Researchers in Hamilton, Ont., are evaluating a new probe that when injected into breast cancer patients quickly gets picked up by cancer cells and "lit up" by a PET (positron emission topography) scanner.

Unlike a biopsy, which involves taking a small tissue sample, this new technique shows the entire tumour. The real-time images could be useful to determine — early on — whether a tumour is responding to treatment. And if it's not working, doctors may decide to change drugs or recommend surgery at an earlier point.

## New treatments

Scientists are developing strategies for drug treatments that are more effective.

### ► SERMS (Selective Estrogen Receptor Modulators):

A new study found that treatment with tamoxifen cut annual breast-cancer mortality by 30 per cent.

### ► Exemestane: The Aromatase inhibitor significantly reduces the risk of breast cancer in some high-risk women, according to a landmark Canadian-led prevention trial.

## Low dose radiation

New mammography machines, that use half the radiation and produce better quality images than standard machines, are now in use in parts of the country.

The system eliminates the "dead" pixels found with other types of digital systems that can make the detection of cancer more difficult. Images with these new machines are delivered with a resolution that is up to four times higher than the resolution of other digital systems. Higher resolution images aid in the detection of early changes in the breast tissue.

# Looking good!

Look Good Feel Better is a program dedicated to improving the self-esteem and quality of life of women undergoing treatment for cancer.

At the heart of Look Good Feel Better is a free, two-hour hands-on workshop in which women whose appearance has been affected by cancer can feel more like themselves again.

Guided by experts through the program's Signature Steps, women mas-

ter simple cosmetic techniques, explore hair alternatives and learn about cosmetic hygiene, nail and skin care.

Participants also take home a complimentary kit of cosmetics and personal care products that are donated by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association.

For information or to find a workshop near you visit lgfb.ca.

## Bare breast stats

### Get the stats on breast cancer:

- An estimated 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- On average, 445 Canadian women are diagnosed with breast cancer every week.
- One in nine (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- Breast cancer also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.

- At present, the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer have an 87 per cent likelihood of living for five years after their diagnosis.
- Breast cancer death rates have declined in every age group since the mid-1990s.
- Of the women who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.
- An average of one in 2,500 woman investigated will undergo surgery for breast cancer.
- About 88 per cent of possible cases are detected by mammography.



# Eating to beat breast cancer

► In addition to self-examination and screening, experts agree that you can make lifestyle choices to reduce your risks of breast cancer

When it comes to beating breast cancer through diet, there's emerging research showing the possible cancer-fighting abilities of foods that contain plant compounds.

It appears that these chemical substances, such as polyphenols, might inhibit cell cycles, reduce cell proliferation or induce apoptosis (cell death). Foods rich in polyphenols include unrefined fruits and vegetables (anything brightly coloured) as well as whole grains and legumes.

Experts are concerned, though, that foods such as

flaxseed, soy and soy byproducts like tofu that contain phytoestrogens may cause estrogenic stimulation, which is linked to breast cancer.

However, women at average risk of breast cancer shouldn't worry if they eat moderate amounts of these foods. After all, Asian women, whose diet is relatively rich in soy, have a lower breast cancer risk.

A high-fat diet may also be linked to breast cancer. In a five-year study of women recovering from breast cancer, of those following a low-fat diet, 9.8



► Brightly coloured fruits and vegetables indicate the presence of lots of polyphenols.

per cent saw a recurrence of breast cancer. Of those who didn't change their diet, 12.4 per cent saw a recurrence.

Vitamin D is being studied as a possible dietary tool to prevent breast cancer. A recent meta analysis suggested that by increasing

your daily dose of vitamin D, you could cut your breast cancer risk by half. Other research implicates lack of sunlight in breast cancers.

## Weight control

Another dietary approach to preventing breast cancer is controlling your weight as you get older.

- After menopause, obese women have 1.5 times the risk of breast cancer.
- If you're overweight, lose weight through a low-calorie diet and exercise. Even a weight loss of five to 10 per cent of total weight can provide benefits.

## Fight the odds with an active lifestyle

One of your best bets to beat the odds of developing breast cancer is to be physically active.

A 2006 study found that exercise lowered breast cancer risk by 12 per cent, even taking into account other breast cancer risk factors such as age and family history.

Experts suggest aiming for 30 minutes of moder-

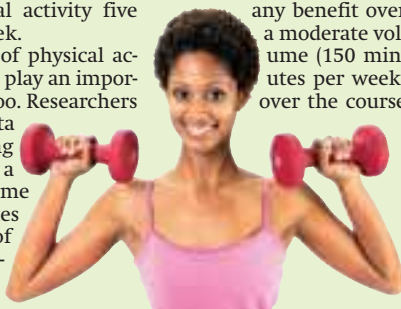
ate physical activity five times a week.

"Dose" of physical activity could play an important role, too. Researchers in Alberta are looking at whether a high volume (300 minutes per week) of aerobic exercise has

any benefit over a moderate volume (150 minutes per week) over the course

of one year.

And women who have already been diagnosed with breast cancer can reap the benefits of being physically active. Regularly walking or lifting weights reduces nausea during treatments, keeps muscles from wasting, helps control weight, and boosts energy levels and self-esteem.



## A few thoughts

About a year ago, Metro's Jodi Brown was diagnosed with breast cancer.

Visit [metronews.ca/jodis-story](http://metronews.ca/jodis-story) to read about her experience from diagnosis to post-treatment.

"I'm eight weeks after treatment and odds are very, very good that I'm forever breast cancer free. But, if you are just starting this journey, here are five random insights," says Brown.

- Hot girls get breast cancer. You're in good company. Think Christina Applegate, Sheryl Crow, Kylie Minogue...

- Real hair wigs are worth every penny. Don't let anyone convince you that the synthetic hair wig at half the price will do. It won't. It gets fuzzy and awful and looks bad.

- Eyelashes have a purpose other than batting at boys. Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.

- During chemo, when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.

- Don't take your horoscope literally. But keep climbing.

**SHOW SUPPORT** — Proceeds from sales of these pink products support Breast Cancer initiatives.



## CIBC PINK COLLECTION™

Make a donation and select a gift. 100% of funds to Canadian Breast Cancer Foundation. Thanks for raising over \$7 million to date!

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Your purchase will help First Alert® contribute a minimum of \$50,000 to the Canadian Breast Cancer Foundation

Canadian Breast Cancer Foundation  
CIBC Run for the Cure®

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EARLY DETECTION SAVES LIVES



# Small switches, big results

► Canadians are changing their thermostats after toxic level of mercury discovered ► Find out why

While many Canadians have switched to environmentally preferred transportation alternatives and are drinking from eco-friendly water canteens, Canadian families and businesses should also be considering the environmental implications of their everyday behaviours within their homes and offices. Something as small as a thermostat can have a negative environmental impact if it is not disposed of properly due to the highly toxic levels of mercury contained within some of these units.

Mercury is a potent and hazardous neurotoxin, which is dangerous to the

health of people and wildlife. Older mechanical thermostats can have one to four mercury switches, each containing approximately 2.5 grams of mercury. Just one gram of mercury is enough to contaminate an eight-hectare lake to the point where the fish in that lake are inedible for one full year.

A mercury-containing thermostat is not a direct threat to your health and safety as long as the glass housing for the mercury switch is intact. The risk to the environment and human health comes when end-of-life mercury thermostats are not disposed of responsibly. If an old



► Changing your thermostat is a small move that can have big implications on your future

thermostat is thrown out with regular household or business waste, the mercury ends up in landfill and contaminates our soil water.

In order to prevent mercury-containing thermostats from causing distress to the environment, the

Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI) has developed a thermostat recovery program called Switch the 'Stat to encourage Canadians to replace their old thermostats with energy-efficient, program-

able units to help reduce energy consumption and greenhouse gas emissions, while ensuring that their old devices do not end up in landfills. Together with their network of registered contractors and wholesalers, HRAI ensures that old thermostats are properly disposed of to keep

## Website

How to find someone to help you out.

► **Website** You can find a technician in your area who can help ensure your thermostat is responsibly recycled online at [switchthestat.ca](http://switchthestat.ca).

mercury from leaking into our environment.

Since the program's inception in 2006, Switch the 'Stat has recovered more than 45,000 mercury-containing thermostats, which contained over 71,000 mercury switches.

The mercury reclaimed to date would have been more than enough to contaminate all the fish in some of Canada's favourite lakes.

NEWS CANADA

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**Symptoms can  
include:**

**Blurred or  
double vision**

**Weakness**

**Personality  
changes**

**Morning  
nausea and  
vomiting**



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OF CANADA**

[braintumour.ca/BTAM](http://braintumour.ca/BTAM)  
**1-800-265-5106**

## GETTING CAUGHT UP ON EATING FISH WITHOUT THE USUAL POLLUTANTS

I like to eat tuna but I know it contains mercury. Is there tuna with low levels of mercury?  
*Christine of Edmonton*

### QUEEN OF GREEN

LINDSAY COULTER  
[GREEN@METRONEWS.CA](mailto:GREEN@METRONEWS.CA)



There is such a thing as low-mercury tuna — albacore.

This is the best choice, allowing you to maximize the health benefits of high omega-3 fats, yet minimize contaminants like mercury and reduce unnecessary bycatch. Choose the most sustainably harvested type, caught by troll/pole from Canadian and U.S. Pacific waters.

It's available year-round fresh, frozen, canned, or smoked.

Albacore tuna is low in fat, high in protein, with not only an abundance of heart healthy omega-3 fatty acids but antioxidant rich selenium, too. It's low in mercury and other pollutants because



► Bluefin tuna is among the most overfished stock.

the fish are caught at a young age, before they accumulate high levels of toxins.

The Environmental Defense Fund website [edf.org](http://edf.org) says we can safely eat up to four servings a month of albacore tuna.

Steer clear of bluefin tuna.

This species is large,

fast, and tasty, but rare, like endangered species rare. Because Atlantic bluefin often sells for more than a thousand dollars a kilogram, it's being pushed ever closer to the brink of extinction.

So, don't be that guy. There are many more healthy and sustainable seafood options.

Visit [SeaChoice.org](http://SeaChoice.org), Canada's most comprehensive sustainable seafood program to download a printable seafood guide, or get their free app at the iTunes store.



David  
Suzuki  
Foundation



# Classic and perfect for fall

Take traditional onion soup and add mushrooms for an earthy twist

The dark, rich broth and cheese-encrusted top are perfect for fending off a chilly evening. This version adds more members of the onion family, herbs, as well as the earthiness of mushrooms.

## Preparation:

1 Cut dried mushrooms into pieces; place in heat-safe bowl. Pour boiling water over mushrooms; set aside.

2 In saucepan over medium heat, melt 45 ml (3

tsbp) butter. Add onions and cook until well browned, stirring regularly, 15 mins. If onions begin to brown too fast, add water. When onions are browned, add wine and stir to deglaze pan. Add leeks, shallots, garlic, thyme, rosemary and 30 ml (2 tbsb) butter.

3 Increase heat to medium-high and cook until leeks tender, 8 mins. Add flour; stir to coat. Pour in broths, stir and bring to boil.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Add steeped mushrooms, reduce heat to simmer for 10 mins. Add salt, pepper.

4 Heat broiler. Ladle soup into 4 oven-safe crocks. Top each with slice of

bread and cheese. Arrange crocks on a rimmed baking sheet, place under broiler and cook until cheese melts and begins to brown, 2 mins. Serve with chives.

THE ASSOCIATED PRESS

## Ingredients:

- 1 pkg (60 g/2 oz) dried porcini mushrooms
- 250 ml (1 cup) boiling water
- 75 ml (5 tbsb) butter
- 3 sweet onions, sliced
- 50 ml (1/4 cup) white wine
- 2 leeks, white parts only, cleaned and sliced
- 2 shallots, chopped
- 2 cloves garlic, minced
- 30 ml (2 tbsb) each chopped thyme, rosemary
- 45 ml (3 tbsb) all-purpose flour
- 500 ml (2 cups) each chicken and beef broth
- Salt and black pepper
- 4 slices stale crusty bread
- 4 slices fontina cheese
- Chopped fresh chives



► This recipe makes four servings.

## Rose Reisman's Swap It

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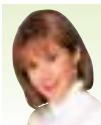
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# 'The best way to heal is to reach out'

## ► Ellen Campbell doing her best to help abuse victims

When Ellen Campbell is happy, her smile can light up an entire room. Not many know about the dark days she has gone through because of the sexual abuse she suffered as a child.

As she careened through adulthood she was always chased by depression. She became suicidal and ended up in a hospital psychiatric ward.

"I wanted to kill myself and I didn't know why. As I was lining up for my pills I knew that if I didn't fight

## TURNING POINT

TERESA KRUIZE  
LIFE@METRONEWS.CA



back it would end badly. It was a turning point in my life and I realized I needed help."

She founded the Canadian Centre for Abuse Awareness in 1993 and to-

day with the help of supporters like John Derringer and Q107 radio, they help over 200,000 women, men and children a year.

"Society is finally recognizing the damage that abuse causes. The best way to heal is to reach out for help."

October is Child Abuse Awareness month.

We salute you Ellen Campbell, and all the amazing people that work to protect men, women and children and bring awareness to this issue.



► Ellen Campbell is the founder of the Canadian Centre for Abuse Awareness.

# Who says science and research can't be fun?

## ► Male beetles found making love to beer bottles

A paper on beer bottle-mating beetles was the toast of the Ig Nobel Prizes, which honour research tickling both the brain and the funny bone.

Research co-authored by University of Toronto professor Darryl Gwynne and his Australian colleague David Rentz was the winner in the biology category. The awards ceremony was held at Harvard University on Thursday.

A parody of the Nobel Prizes, the Ig Nobel Prizes are handed out annually by the scientific humour magazine Annals of Improbable Research. The awards are "intended to



► University of Toronto professor Darryl Gwynne

celebrate the unusual, (and) honour the imaginative" while generating public interest in science, medicine and technology.

Gwynne and Rentz were honoured for their 1983 paper Beetles on the Bottle: Male Buprestids Mistake Stubbies for Females. Gwynne joined U of T's Mississauga campus in 1987 and conducted his research as a post-doctoral fellow at the University of Western Australia in Nedlands.

While carrying out field work and walking along a dirt road in Western Australia, Gwynne and Rentz observed male Australian



► An Australian jewel beetle is seen on a beer bottle.

jewel beetles trying to crawl atop or along the side of scattered brown beer bottles, or "stubbies."

Gwynne said the stubbies resemble a "super female" jewel beetle in shape and hue, big and orangey-brown in colour.

The bottles also feature a slightly dimpled surface near the bottom — aimed at preventing the bottle from slipping out of one's grasp — that reflects light in much the same way as female wing covers. The beetles' longing for loving

was so strong that they fried to death under the hot sun trying to mate with the bottles and ignored the females. They were eaten by hungry ants or had to be removed by the researchers.

THE CANADIAN PRESS

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# Tigers beat Yanks, elements

CHRIS TROTMAN/GETTY IMAGES



► Detroit's Jose Valverde celebrates the final out in Game 2 of the AL division series against the Yankees yesterday.

## ► Detroit holds on to even ALDS as skies open up at Yankee Stadium

Detroit closer Jose Valverde held off a furious New York ninth-inning rally and the Tigers avoided a major slip-up, beating the Yankees 5-3 on a rainy evening last night to even their best-of-five AL playoff series at one game apiece.

Down 5-1, the Yankees scored twice in the ninth. New York got a chance to win it when Detroit catcher Alex Avila lost his footing on the slick on-deck circle while chasing a foul that would've been the final out.

"It's a little hard. That's what happens sometimes," Valverde said.

After his popup landed untouched, Curtis Granderson drew a walk. With two outs and two on, Robinson Cano came to the plate.

Cano, who hit a grand slam and had six RBIs as New York won the opener, hit a routine groundball to end it.

"All of a sudden, against anybody — but particularly against a team like them with the short porch in right field — it was not a good feeling," Tigers manager Jim Leyland said. "But it worked out OK."

Tigers starter Max Scherzer pitched no-hit ball into the sixth before Cano blooped an opposite-field single to left.

Miguel Cabrera's two-run homer in the first off Freddy Garcia gave Scherzer an early edge, and the Tigers took a 4-0 lead into the eighth.

Granderson hit a solo

5	3
TIGERS	YANKEES

shot off Tigers reliever Joaquin Benoit in the eighth. Pretty soon, the rain — and all the drama — filled Yankee Stadium.

Game 3 is tonight at Detroit. In an ace rematch, CC Sabathia is scheduled to start for the Yankees against Justin Verlander. The all-stars faced each other in the series opener Friday night, but the game was suspended after only 1 ½ innings because of rain.

The Yankees lost three of four this year at Detroit and are 22-25 at Comerica Park since it opened in 2000. It's one of two AL stadiums where New York has a losing record.

The Tigers fly home with a chance to take control of the series, just as they did in 2006 when they lost the opener in New York before sweeping three-straight.

Yankees manager Joe Girardi rested late-game relievers Rafael Soriano and Dave Robertson, and Detroit made it 5-1 in the ninth on Don Kelly's RBI single. **THE ASSOCIATED PRESS.**

### National League



Jonathan Lucroy drove in the go-ahead run with a squeeze and the Milwaukee Brewers broke away from the Arizona Diamondbacks 9-4 yesterday to take a 2-0 lead in their NL division series.

► Ryan Braun, pictured, hit a two-run homer and slugger

Prince Fielder added an RBI single for Milwaukee.

► The Brewers now hold a 2-0 lead in a playoff series for the first time in franchise history. Game 3 is tomorrow at Arizona. Milwaukee will go for a sweep when Shaun Marcum takes on rookie Josh Collmenter. **THE ASSOCIATED PRESS**

## Lions kings of late comebacks

TONY GUTIERREZ/THE ASSOCIATED PRESS



► Detroit receiver Calvin Johnson makes a two-yard touchdown reception yesterday.

Matthew Stafford saw his defence start wiping out a 24-point deficit with interceptions returned for touchdowns midway through the third quarter, then he and Calvin Johnson took over from there, leading the Detroit Lions to a stunning 34-30 victory over the Dallas Cowboys yesterday in Arlington, Texas.

A week after turning a 20-point halftime deficit into an overtime win, the Lions provided further proof they're a legitimate con-

tender this season.

Detroit is 4-0 and has won an NFL-best eight-straight games. This also was its team-record fifth-straight road win, avenging a loss here last November that was its NFL-record 26th straight road loss.

Tony Romo and the Cowboys (2-2) continued to show no lead is safe for them. They also blew a 14-point fourth-quarter lead for the first time in franchise history in the opener.

**THE ASSOCIATED PRESS**

### Sports in brief

#### MMA fans pack LCC card

**MMA.** More than 700 people were at the London Convention Centre on Saturday for the Showdown in the Downtown IKF World Championship. London's Brad Fowler won a 12-round unanimous decision over Mike Morello in the Super Welterweight match. Shannon (The Cannon) Hudson beat defending

champion Muzammal Nawaz in the World Middleweight bout. **● METRO**

#### Roethlisberger hurts foot in Steelers' defeat

**NFL.** Pittsburgh quarterback Ben Roethlisberger has an injured left foot and was wearing a walking boot when he left the stadium after yesterday's 17-10 loss to the Houston Texans.

Roethlisberger had an X-ray after the game, but says he didn't know the results. **THE ASSOCIATED PRESS**

4  
sports

### Quoted



**"Today I couldn't fault the commitment or anything like that from the guys. They were still making the big hits at the end and some real positives came out of the tournament for us."**

**CANADA'S COACH KIERAN CROWLEY AFTER HIS TEAM'S 79-15 LOSS TO NO. 1 RANKED NEW ZEALAND AT THE RUGBY WORLD CUP YESTERDAY. THE**

**LOSS COUPLED WITH UNDERDOG TONGA'S WIN OVER FRANCE ON SATURDAY DROPPED CANADA (1-1-2) TO FOURTH-PLACE IN POOL A. IF CANADA HAD BEEN ABLE TO FINISH THIRD IN ITS FIVE-TEAM POOL, IT STOOD TO EARN AUTOMATIC QUALIFICATION FOR THE NEXT WORLD CUP AND WITH IT THE EXTRA INVESTMENT AND MATCHES THAT MIGHT BE CHANNLED ITS WAY BY THE INTERNATIONAL RUGBY BOARD.**



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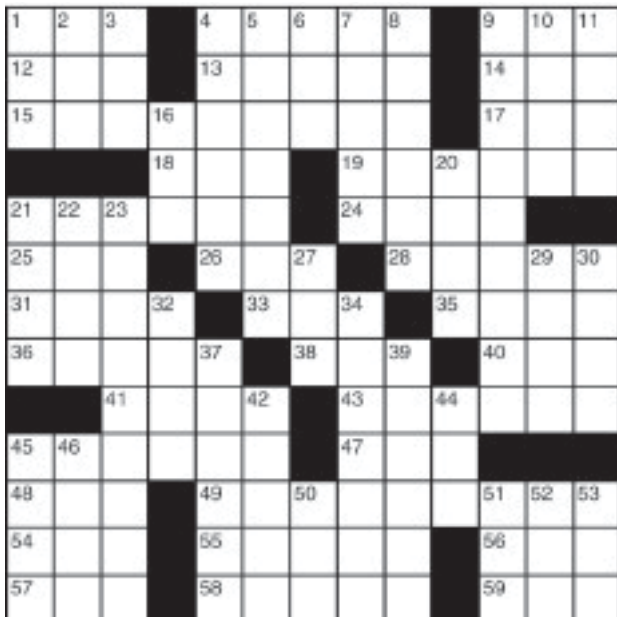
## Crossword

### Across

- 1 Actress Gardner  
4 Vine-covered shelter  
9 Owns  
12 Perch  
13 Wilkes—, Pa.  
14 Everything  
15 Surgeons' devices  
17 Reason to say "alas"  
18 — constrictor  
19 Addicted  
21 Unisex garb  
24 Spheres  
25 — carte  
26 "Humbig!"  
28 Giggly sound  
31 Columns' crossers  
33 AAA job  
35 Play area  
36 Playful water critter  
38 Dowel  
40 Bankroll  
41 Warmth  
43 Chic  
45 Burn somewhat  
47 Joke  
48 Goof up  
49 "The Old Man and the Sea" author  
54 Pistol  
55 Implant  
56 Literary collection  
57 Praise in verse  
58 Rental contract  
59 Workout venue

### Down

- 1 Fire residue  
2 Compete  
3 \$ dispenser  
4 Soak up  
5 Knocking sound  
6 Lingerie item  
7 Lawn-care brand  
8 Vacation mecca  
9 Detectives  
10 Lotion additive  
11 Coaster  
16 Kimono sash  
20 Do what you're told  
21 Poi root  
22 Coin aperture  
23 Author Nathaniel  
27 Jump  
29 Historic times  
30 Whirlpool



### Friday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Friday's answer



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### SCOOBIE

Hi mahal! I know this was your idea for me, but I thought I would try and do this for you too since you do read this more. I would only hope that this message gets published before or in time of your birthday (Oct. 31st). You've been a great partner to me, despite of our down times, we definitely have our great times. Thank you for being in my life... I love you SOOO much! \*muah\* ^ ^

FROM KAWAII-CHAN

### Patrick

Patrick I love you! ! Im not sure if I've told you enough. I dont want to much time to pass again lifes to short my friend, Just want kisses + cuddles everything else will be ok! !!

FROM STUPID GIRL

## Today's horoscope

**♈ Aries** March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.

**♉ Taurus** April 21-May 21 Matters of a routine nature will take up most of your time today.

**♊ Gemini** May 22-June 21 This is going to be a productive week.

**♋ Cancer** June 22-July 22 Go out of your way to be nice to partners and colleagues today.

**♌ Leo** July 23-Aug. 23 You will get the chance to move up in the

world.

**♍ Virgo** Aug. 24- Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.

**♎ Libra** Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.

**♏ Scorpio** Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.

**♐ Sagittarius** Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

21 Try not to get emotionally involved in other people's problems.  
**♐ Capricorn** Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.

**♑ Aquarius** Jan. 21-Feb. 18

You can do almost anything you want to do this coming week, but you don't have to do everything.

**♒ Pisces** Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.

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## Caption contest



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